

WHAT IS CLAIMED IS:

- 1 1. A therapeutic pillow comprising:
2 a central pad including a generally rectangular head support
3 pad and a pair of cervical support pads each positioned along one
4 of a first set of opposite edges of the head support pad; and
5 a pair of side support pads each positioned along one of a
6 second set of opposite edges of the head support pad, a portion of
7 each side support pad adjacent one of said first pair of opposite
8 edges of the head support pad being relieved to form a angular
9 shoulder relief area for a user reclining in a lateral position
10 with the user's face supported by one of said side support pads
11 and the user's cervical spine supported by one of the cervical
12 support pads.
- 1 2. The therapeutic pillow of claim 1, wherein at least a portion
2 of each side support pad adjacent the other one of said first pair
3 of opposite edges of the head support pad is relieved to form an
4 angular shoulder relief area.
- 1 3. The therapeutic pillow of claim 1, wherein a portion of the
2 central pad adjacent each of said angular shoulder relief areas
3 formed in the side support pads is also relieved to increase the
4 shoulder relief area.
- 1 4. The therapeutic pillow of claim 3 wherein at least a portion
2 of each side support pad adjacent the other one of said first pair
3 of opposite edges of the head support pad, and a portion of the
4 central pad adjacent each of said the shoulder relief areas formed
5 in the side support pads, are also relieved to increase the
6 shoulder relief area.
- 1 5. The therapeutic pillow of claim 1 wherein the angular
2 shoulder reliefs subtend a horizontal angle of between about 60
3 and 100 degrees.

1 6. The therapeutic pillow of claim 5 wherein the angular
2 shoulder reliefs subtend a horizontal angle of about 90 degrees.

1 7. The therapeutic pillow of claim 4 wherein the relieved
2 portion of each side support pad subtends an angle of between
3 about 30 and 50 degrees.

1 8. The therapeutic pillow of claim 4 wherein each relieved
2 portions of the central pad subtend an angle of between about 40
3 degrees.

1 9. The therapeutic pillow of claim 1 wherein the relieved
2 portion of each side support pad is also relieved in a vertical
3 plane by undercutting so that the upper surface of each side
4 support pad extends beyond the lower surface to provide additional
5 support for the user's face and additional relief area for the
6 user's shoulder.

1 10. The therapeutic pillow of claim 9 wherein the relief in the
2 vertical plane subtends a vertical angle of about 30 to 50
3 degrees.

1 11. The therapeutic pillow of claim 10 wherein the relief in the
2 vertical plane subtends a vertical angle of about 40 degrees.

1 12. The therapeutic pillow of claim 9 wherein the relief in the
2 vertical plane includes a generally concave surface forming an
3 overhang in the upper surface of each side support pad for
4 providing additional support for the user's face.

1 13. The therapeutic pillow of claim 1 wherein the vertical height
2 of each side support pad is in the range of about 3 to 5½ inches.

1 14. The therapeutic pillow of claim 1 wherein the vertical height
2 of each side support pad is on the order of about 4 to 5 inches.

1 15. The therapeutic pillow of claim 1 wherein the vertical height
2 of each cervical support pad is on the order of about 3 to 5
3 inches.

1 16. The therapeutic pillow of claim 1 wherein the vertical height
2 of each side support pad greater than the vertical height of each
3 cervical support pad.

1 17. The therapeutic pillow of claim 1 wherein the vertical height
2 of each side support pad about the same as the vertical height of
3 each cervical support pad.

1 18. The therapeutic pillow of claim 1 wherein the vertical
2 heights of the side support and cervical support pads permit a
3 user to roll easily between supine and lateral reclining
4 positions.

1 19. The therapeutic pillow of claim 1 wherein the central pad and
2 side support pads form a pillow having substantially bilaterally
3 symmetry so that the pillow may be used after 180 degrees of
4 horizontal rotation.

1 20. The therapeutic pillow of claim 1, wherein portions of the
2 central and/or side support pads are constructed of TEMPUR™ foam.

1 21. The therapeutic pillow of claim 1, further comprising:
2 a resilient insert sized to fit between the cervical support
3 pads to increase the height at which the user's head is supported.